

DINNERLY



Reduced-Carb Pork San Choy Bau with Peanuts and Spring Onion



25 minutes



2 Servings

Stir-fry pork mince in a sticky hoisin sauce, toss through carrot and wrap it all up in crisp lettuce leaves. It's big on taste, low in carbs and totally fuss free!

WHAT WE SEND

- 1 carrot
- 1 spring onion
- 20g peanuts ⁵
- 1 little gem lettuce
- 2 tbs hoisin sauce ^{1,6,11}
- pork mince

WHAT YOU NEED

- 2 garlic cloves
- 1 tsp soy sauce ⁶
- 1 tsp white vinegar
- 1 tbs vegetable oil

TOOLS

- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6), Sesame (11).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 500kcal, Fat 30.6g, Carbs 18.7g,
Proteins 34.4g



1. Prep ingredients

Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Cut the **spring onion** into thirds, then thinly slice lengthwise (see Make it yours). Finely chop the **peanuts**. Crush or finely chop **2 garlic cloves**. Separate the **lettuce leaves**.



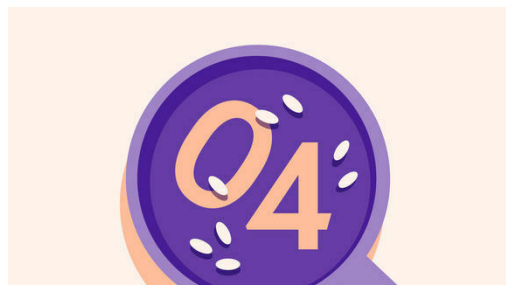
2. Make sauce

Put the **hoisin sauce**, **1 tsp soy sauce**, **1 tsp white vinegar** and **2 tbs water** in a bowl and stir to combine.



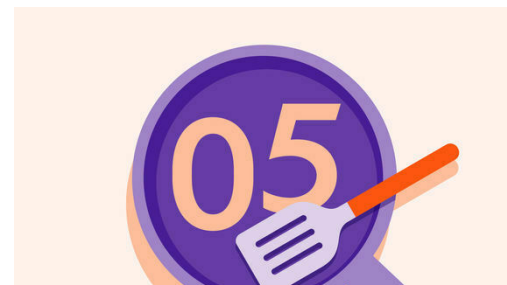
3. Brown pork

Heat **1 tbs vegetable oil** in a medium deep frypan over high heat. Add the **pork mince** and cook, breaking up the lumps with a spoon, for 3 mins or until browned. Remove from the pan.



4. Stir-fry veggies

Add the **carrot** and **garlic** to the pan and stir-fry for 2 mins or until slightly softened. Add the **pork** and **hoisin sauce mixture** and stir-fry for a further 2 mins or until slightly reduced.



5. Serve up

Divide the **lettuce leaves** (see Make it yours) among plates. Top with the **pork mixture**, then scatter with the **spring onion** and **peanuts**. Enjoy!



6. Make it yours

To make your thinly sliced spring onion curl up, put it in an iced water bath for 5 mins or until curly, then drain. ~ We like the fun of eating with our hands, but if you don't feel like getting your hands dirty, just pile the ingredients into a bowl and serve as a salad.